

## FREQUENTLY ASKED QUESTIONS ABOUT THE FOOD STAMP PROGRAM

### Q. Who is eligible?

A. U.S. citizens, U.S. nationals, citizen children of non-citizen parents, and immigrants. Because of similar qualification levels, be particularly mindful of talking to your Medi-Cal, CHDP, and Healthy Families patients about the Food Stamp Program.

### Q. What amount of Food Stamp benefits can patients qualify for?

A. The amount varies by household depending on income, expenses, assets and household size. The average amount of Food Stamp benefits received per household is \$200 per month.

### Q. How can patients use Food Stamps?

A. Food Stamps can be used for any foods for human consumption, as well as seeds or plants to grow food for household consumption.

### Q. Where can patients use Food Stamps?

A. Food Stamps are accepted in many retail food outlets, including a growing number of farmers' markets.

### FOR MORE INFORMATION ON THE FOOD STAMP PROGRAM

Including how to apply for Food Stamps in each county  
Call toll-free: **1.877.847.3663**  
Or visit **[www.myfoodstamps.org](http://www.myfoodstamps.org)**



The CMA Foundation is a partnership of leaders in medicine, related health professionals and the community that supports advances in individual and community health.

The purpose of the CMA Foundation's Obesity Prevention Project is to reduce the prevalence of overweight and obesity in children and their families. The Obesity Prevention Project will carry out its purpose by giving physicians access to and assistance with:

- Education and Community Outreach
- Policy Advocacy
- Provider Resources

Resources available at:  
[www.calmedfoundation.org/projects/obesityproject.aspx](http://www.calmedfoundation.org/projects/obesityproject.aspx)



The mission of the Network for a Healthy California is to create innovative partnerships so that low-income Californians are enabled to adopt healthy eating and physical activity patterns as part of a healthy lifestyle.

Visit **[www.cachampionsforchange.net](http://www.cachampionsforchange.net)** for more information.

*This brochure is a message from the California Department of Public Health funded by the Food Stamp Program of the U.S. Department of Agriculture.*

## PROMOTING HEALTH THROUGH THE FOOD STAMP PROGRAM



Healthy  
Eating

Access  
to Food

Physical  
Activity



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## FOOD STAMPS CAN HELP YOUR PATIENTS

The Food Stamp Program (FSP) is the largest food assistance program in the country designed to help low-income individuals purchase food and receive nutrition education to promote healthy eating. These resources can complement the nutrition and physical activity advice provided in physician offices and clinics.

Similar eligibility requirements mean your Medi-Cal, Healthy Families, and CHDP patients may be able to receive an average of \$200 per month from the Food Stamp Program to purchase healthy foods.



Patients who are not getting enough healthy foods can suffer from **fatigue, lack of concentration, and low work productivity.**

Children are especially vulnerable to the side effects of hunger. Their school attendance and attentiveness in the classroom can be harmed when they don't have enough healthy foods to eat.

Nutrition educators working for the Food Stamp Program teach the importance of a quality diet,



how to prepare healthy foods, and how to make healthy choices when shopping on a budget. You can find a Food Stamp Nutrition Education Program to refer your patients to by visiting the CMA Foundation's Community Resource Directory at [www.calmedfoundation.org](http://www.calmedfoundation.org).

The CMA Foundation is proud to partner with the California Department of Public Health's Network for a Healthy California (*the Network*) to carry out Food Stamp Nutrition Education.

*The Network* provides culturally appropriate services to food stamp recipients and their families to enhance fruit and vegetable consumption, physical activity, and food security.

